writing the state information to a medium in a defined format;

reading the state information from the medium, automatically configuring a hard disk based on the hard disk state, and providing a restoration environment; and

launching the at least one restore program.

25. (Amended) A method for backing up a computer system for subsequent restoration, comprising:

collecting restore information, including hard disk configuration information, registry information, a catalog of unchangeable files and at least one instruction for launching at least one restore program; and

recording at least part of the restore information to at least one medium, the restore information written to a file structured in a defined format.

34. (Amended) A method for restoring a computer system, comprising:

reading restore information from a file structured in a defined format, the restore information including saved hard disk configuration information, registry information, a catalog of unchangeable files and at least one instruction for launching at least one restore program; and

restoring the computer system by configuring at least part of the system based on the restore information, and by executing the at least one instruction.